

Tide Calendar

Aug.	High Tide	Low Tide	19	9:52 a.m. 10:06 p.m.	3:37 a.m. 3:47 p.m.
16	6:55 a.m. 7:19 p.m.	12:39 a.m. 12:58 p.m.	20	10:40 a.m. 10:52 p.m.	4:24 a.m. 4:33 p.m.
17	7:59 a.m. 8:19 p.m.	1:42 a.m. 1:59 p.m.	21	11:23 a.m. 11:33 p.m.	5:09 a.m. 5:17 p.m.
18	8:58 a.m. 9:15 p.m.	2:43 a.m. 2:57 p.m.	22	Noon	5:47 a.m. 5:48 p.m.

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from the kitchen

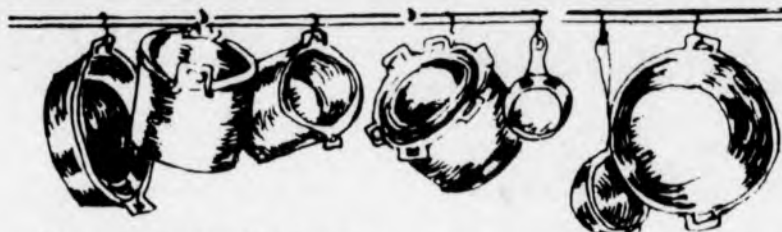
By Joan Pinkham

"The family that cooks together, stays together," is the variation I read on the old saw, "The family that prays together", etc. It does make sense though, for a shared interest in food can make one's kitchen a popular gathering place. Learning to cook is a must for children and even boys should learn to prepare a simple meal to stave off starvation pangs. Any youngster could serve this dish with pride, for it goes together easily and simmers fragrantly in one large skillet. Here is Clara Hathaway's recipe for what she calls her:

PORK CHOP DISH

Place 4 good-sized chops in an iron frying pan. Cut 2 or 3 large onions in thick slices and lay around chops (not any on top). Next, add 1 tsp. uncooked dry rice on each chop. Salt and pepper to taste. Add 1 can tomato soup and rinse can out with ½ can water. Cover closely and simmer two hours, or until rice and chops are done.

Another old adage promises that for every cloud there's a silver lining. This being so, let's just say that the fuel shortage could help us learn that tending our backyard potato patch produces a potato far superior to those spuds processed, packaged and frozen in some far-away plant. Food tastes so much better when home-grown; certainly when it comes to tomatoes



that are fresh off the vine. Hamburgers or pizza from a fast food stand is temptingly easy, but costly when the price of gas hovers at the dollar mark. A better way to spend one's buck would be to stop on the way home and pick up a few lobsters served in this special way of Doris Gould's.

BAKED STUFFED LOBSTERS

6 lobsters

Stick of butter

1 c. of cracker crumbs [Ritz]

¼ c. fine bread crumbs

1 tsp. Worcestershire sauce

Cook lobsters in a kettle with 2" of water and 2 to 3T of salt for 20 min. Split down back and clean, saving tamale. Prepare stuffing and mix with meat from claws and tamale. Stuff cavity, leaving meat in tails and cover with lettuce leaves while in refrigerator to prevent stuffing from drying out. Bake 12 min. at 400 degrees.

To be a true New Englander, a love of clams is a must. Long ago, one of Marshfield's settlers, Israel Hatch, wrote an ode to the clam. He went on at great length about simmering pots of clams, local officials who should have a care of "our North River clams" and ended his lengthy poem by saying: "Let others seek the marsh to drain — And build their dykes and dams — This, evermore, shall be our strain — "We clamor for the clams!" The Arabs may have their oil, but we

have our tasty clams as a natural resource and, armed with the proper license, can scour the mud flats for the evening meal. Lillian Hampton's recipe would put a costly steak to shame.

CLAM FRITTERS

1 egg

½ c. milk or ¼c. clam water

1 c. flour

1 tsp. sugar

pinch of salt

1 tsp. baking powder

1 c. ground clams

Beat egg. Add milk or clam water, sifted flour, sugar, salt, baking powder and ground clams. Drop by spoonful into hot fat.

4H Exchange

The Plymouth County Extension Service 4-H Department announces that four Japanese exchange students have arrived to spend several weeks in the area with host families. Under the direction of the UMass and LABO International Exchange Foundation, the students will be living with 4-H families to take back with them an understanding of family life, culture and appreciation of American society. In turn, the host families will be introduced to Japanese customs, language and lifestyles.

Families involved include: Mr. & Mrs. William Hersey of Pine St. who are hosting Noboku Maruyama, age 12.

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